

WHEN IS GROUP HELD?

The ***Try Another Way*** group is held at our office at 2251 North Webb Road. (Next to Valentino's and Hunan Chinese Restaurant.)

CALL for dates and times of groups and to arrange a time to register for this program.
382-8250

Next session will be held June 13—17, 2011.

INDIVIDUAL INTAKES NEED TO BE SCHEDULED AND COMPLETED PRIOR TO BEGINNING GROUP.



2251 N.Webb Rd
Grand Island Ne 68802

Phone: (308) 382-8250
E-mail: lobermiller@gicrisis.org

Do you know a young woman who may benefit from this program? Feel free to pass this brochure on!



TRY ANOTHER WAY

**A CURRICULUM-BASED
EDUCATION GROUP TO HELP
YOUNG WOMEN,
MAKE CRITICAL CHANGES
IN THEIR LIVES.**



WHAT IS **TRY ANOTHER WAY?**

TRY ANOTHER WAY is a safe, structured environment, in which young women can be at ease to open their minds and hearts to other optional lifestyles. The purpose of this program is to teach healing methods to those who have been victimized by their lifestyles and/or society.

Understanding that change takes time, this program is not a quick fix. We teach skills to help them become confident, self efficient young women.

The Crisis Center is pleased to offer this group to young women.

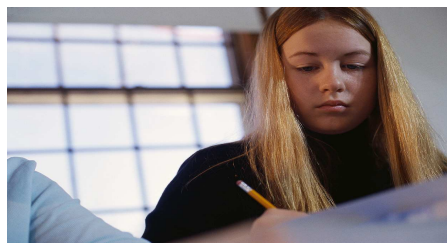
This program is offered, in response to the needs expressed and identified by various agencies and entities within our four county service area, of *Hall, Hamilton, Howard and Merrick* counties.

The next step, would be a call to
LaDonna
(308) 382-8250.

WHAT ARE THE TOPICS COVERED?

Topics covered over the program include:

- Identifying educational attitudes and goals
- Separating fact from stereotype, concerning other cultures
- Using effective communication skills
- Healthy relationships
- Healthy Sexuality
- Nutrition and fitness
- Identifying how choices today effect our future and other people
- Anger management skills
- Building self-esteem
- Substance Abuse
- Taking on the role of a 20 something, in a simulated real world activity
- And more!



WHAT PARTICIPANTS ARE SAYING

Here are few things past participants have said about
Try Another Way.

To answer the question, "Would you recommend *Try Another Way* to other teens?"

"Yes, it gives teens the knowledge that things aren't always the same with others."

The answer to the question "What session did you find the most meaningful?"

"Unhealthy vs. healthy relationships, because I was in an unhealthy relationship"

"All of them were quite helpful, because I learned a little in each."



We look forward to working together with the community to meet the specialized needs, of young women in our four county service area.